



THE LEADER

Vol. 37, No. 50

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Dec. 20, 2002

Air Force lifelines



Base tankers extend capabilities around world

-- See Pages 14-15, for where the base has been this past year

319th Air Refueling Wing ♦ Solano Trophy Winner ♦ Best Base in 15th Air Force

Inside:

Weekend weather

Today	20/17	snow flurries
Saturday	17/10	snow flurries
Sunday	18/7	cloudy
Monday	19/3	partly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight



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team wins
Minot
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Base tankers refuel national, operational needs

Staff Sgt. Shannon Collins
Operation NORTHERN WATCH Public Affairs

Without them, any long mission does not happen. Without them, no fighter aircraft at Operation NORTHERN WATCH would be able to do its job. They are the pilots and maintainers of the air refueling squadron.

More than 100 airmen from the 911th Air Refueling Squadrons, serve in the 900th Expeditionary Air Refueling Squadron here at Incirlik with the sole purpose of getting tankers in the air to refuel F-15 and F-16 fighters, E-3 Sentry air-

borne warning and control system, or AWACS, and RC-135 Rivet Joint reconnaissance aircraft.

The 900th EARS crews know how crucial their role is.

"It feels good knowing our role is vital to the mission," said 1st Lt. Jeff Schrum, co-pilot. "It makes it easy to get pumped up on a daily basis for a job that could turn repetitive. I love my job."

"It feels great knowing that I really make a difference," said Senior Airman Chris Reed, crewchief. "Providing the proper fuel quantity to complete the mission and bringing our pilots home every day is what we are here for."

Before Sept. 11, the crew deployed up to 120 days per year. The crew now deploys 200 to 240 days per year. They spend around 45 days at ONW, then home for two or three weeks, and then 45 days to a forward location for Operation Enduring Freedom. Though these men and women spend so many days away from home to serve their country, they say it is worth it.

"We are protecting freedom and the way of life that we enjoy back home. I believe that the values the United States is built on and stands for, are right and worth fighting for," said Capt. John Kilareski, aircraft commander.

During this holiday season, it can be hard for the crewmembers to be away from family members.

Senior Airman Jeff Tatum, crewchief, left behind his wife, Amber, and daughter, Britni.

"It's very hard being away from my wife and daughter but it is very important for me to be here for my country. I continue to serve because I know that what I am doing now will insure my daughter can enjoy her freedoms now and in the future," he said.

Lt. Col. Patrick McCormack, 900th EARS commander, said the success of the mission so far is due to a team effort.

"Our deployed people are truly representatives of Team Grand Forks. Together, we are maintaining a near flawless mission effectiveness rating in support of Operation NORTHERN WATCH," said McCormack. "While some of our members have deployed over 200 days this year, the morale is high, knowing the mis-

sions we support are critical to the success of our national military objectives."

The crew members credit each other for total mission success.

"I really commend the pilots for what they do. They are the ones who put themselves in harm's way. The professionalism they display every time they come out to the jet is extraordinary. The trust they put in us is amazing. When they get to the aircraft, and we tell them the jet is good to go, they climb into the flight deck without hesitation. They know and accept the fact that they are putting their lives on the line and also in the hands of us, the maintainers," said Reed.

"Our maintainers are the best in the world. We simply could not function without them; the long hours they put in; they are extremely dedicated and talented individuals," said Schrum.

This tight-knit team enjoys working with the British and Turkish military and said it has been a learning experience.

"It forces us to integrate our operations smoothly, and also to see things from different point of views. It's great training for future operations that may require a coalition," said Schrum.

"It's really a privilege to be working with the British and Turkish military; it stresses the importance of our mission," said Reed.

Whether it is working alongside the British and Turkish or at a location down range for OEF, both the pilots and maintainers of Team Grand Forks continue to serve their country with the refueling mission.



Photo by Staff Sgt. Shannon Collins

A base tanker lowers its boom and waits for the approaching aircraft to connect. Nearly all internal fuel can be pumped through the tanker's flying boom.



Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

48

DWI-free days.

The base gets a down day for 100 DWI-free days.



Col. Keye Sabol
319th Air Refueling
Wing commander

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◆Deadlines

Articles: Due by noon Thursday the week prior to publication. For any questions about submissions, call The Leader staff at 747-5019.

◆Contact information

E-mail: leader@grandforks.af.mil, **Phone:** 701.747.5023

◆Public Affairs

Editorial content is edited, prepared, and provided by the 319th ARW public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length.

◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Operation fills candy bags for deployed members

By Staff Sgt. Scott T. Sturkol
Public affairs

Being away from home during the holidays is tough enough if you're a military member. This holiday season, the enlisted spouses club is taking a bit of home to the deployed members with Operation Goodie Drive.

According to Mary Bucher, ESC president, Operation Goodie Drive began when ESC members noticed they had candy left over from the Halloween carnival earlier this year.

"ESC vice president Bobbi Sturkol had the great idea of sending it to the deployed personnel," Bucher said. "I called the base command chief master sergeant – Chief Master Sgt. Danny Holwerda – to ask how to get it on a plane and he suggested we make it base-wide drive."

From there, the drive took on a life of its own. The ESC started collecting candy and nuts from the base, and the children at Twining and Eielson Schools decorated hundreds of lunch bags.

"The bag decorating effort by the schools was a tremendous help," Sturkol said. "We really appreciate all the help they provided and want to thank them for



Photo by Staff Sgt. Scott T. Sturkol

Paper lunch bags, including these decorated with holiday themes by students at Twining Elementary and Middle School, will be filled with "goodies" today to send off to deployed troops.

their contribution."

By the end of today, the ESC will have collected all the goodies and bags, and they will divide the goodies between all the bags they have.

"We are anticipating filling approximately 675 bags, however we may do more," Bucher said. "We are working with the 319th Operations Group to have the goodie bags put on planes headed for the

two main locations where Grand Forks personnel are deployed."

Sturkol, who also serves as the base American Red Cross manager, will open up her office to put the bags together.

"To put together hundreds of bags will take an all-day effort, but we are set to take on the task," Sturkol said. "I'm just happy we're taking this opportunity to do something for our deployed military members."

Bucher added, "It is always difficult for people to be deployed, especially during the holiday season. By receiving a small gift, the deployed member gets a warm feeling just because someone, anyone was thinking of him or her."

When the bags are delivered to their respective locations, they will be distributed to not only deployed Warriors of the North, but also for all other troops deployed with them.

"This is something that will be shared by everyone," Holwerda said. "Every deployed troop will be able to get a little bit of holiday cheer from this effort."

The ESC has received help with items to put in the bags with donations from the family support center, commissary, base exchange, Top Three, and various private organizations and vendors, and people and families from around the base.

"I certainly would like to give kudos to the ESC for taking this on," Holwerda said.

The packing the bags begins at the Red Cross office at 9 a.m. today, Sturkol said.

"Anyone who wants to help is welcome to come by," Sturkol said. "They can call 747-3855 to see if we still need help putting the bags together."

Accident claims life of base member

By Capt. Patricia Lang
Public affairs

Second Lt. Holly Adams, section commander from 319th Mission Support Squadron, was “called home” Wednesday night.

She was driving to Minneapolis to catch a plane home for the holidays, when the car slipped into the path of an oncoming semi-truck south on Interstate I-29 near Hillsboro. Adams was 23.

“Our hearts are just aching,” said Col. Barbara Chine, 319th Mission Support Group commander. “You feel like you’ve lost one of your own children.

“In a fleeting moment, life changes. And it’s never fair. God just a puts a special grace in you to help you deal with it.”

Adams had a “phenomenal sense of humor,” Chine said. “She was just precious. Her orderly room people loved her.”

Chine recalls Adams’ enthusiasm in run-

ning the 13-mile “Run to Base” on a team with her and Col. Keye Sabol, 319th Air Refueling Wing commander, this past summer. “She was so humble,” Chine said.

“Holly was more than just another fine officer, she was special,” said Lt. Col. Victoria Bowens, 319th Mission Support Squadron. “She had a way about her, a way that made you feel special. She was genuinely a caring person and well thought of throughout the wing and squadron.

“Some squadron members thought of her like a big sister while others referred to her as the sunshine in the office,” Bowens said. “I thought of her as my lieutenant.”

“We already miss her dearly, the humorous emails, her sweet smile and calm demeanor. There aren’t enough words that can express the loss felt by me, the squadron, and her friends,” Bowens said.

Memorial services for Adams will be held today at 11 a.m. in the Sunflower Chapel.

Briefs

Christmas refuse, recycling schedule

The base’s refuse and recycling contractor will observe Christmas Day and New Years Day as holidays and will not collect refuse or recycling Wednesday and Jan. 1. Wednesday collections will be on Thursday and Jan. 2 .

Christmas trees will be collected curbside on the following dates: Dec. 30 and Jan. 6. There are no other changes to the refuse and recycling schedule.

Because there are many different types of wrapping paper available (such as waxed, non-waxed, and foil), wrapping paper is not considered a recyclable item. Wrapping paper, tape, and bows are to be disposed of as refuse.

For details call Tech. Sgt. Ken Bowlin at 747-5821.

Youth mentoring program

From Operation Enduring Freedom to the myriad of other deployments team Grand Forks supports, the wing spends more time away from home than ever, to ensure our freedom and way of life.

In order to support each other during these times of increased operational tempo, the company grade officer association has partnered with the family support center to support families of deployed people.

The CGOA’s goal is to provide youths, kindergarten through 12th grade, with a positive adult role model, to help ease the impact of having a deployed parent.

Mentors will be CGOA members who have been selected and trained by the family support center. To be eligible, family members must be deployed 30 days or more.

Mentoring visits range from two to six hours per week. The parent/guardian and mentor will agree upon times, dates, and locations.

The family will pay all of the youth’s expenses during mentoring activities. Mentoring will normally take place for a period of three to six months, but may be adjusted to meet the needs of the family.

Several families have already taken advantage of this program over the last year.

For details and sign-up opportunities, call the family support center via work/life consultants or call 2nd Lt. Cameron Jackson at 747-3248.

New identification cards

New forms of identification are coming to the base in February, but will only be issued to those who have a need for a new one.

At the end of the conversion, active duty, reserve, Guard, DOD civilians and designated contractors will be given the new IDs, called common access cards. Family members, retirees and a limited number of civilians and contractors will use the old cards.

The base, Camp Grafton and Fargo ANG will receive the DEERS/RAPIDS equipment in January, and they will need to train on and test the equipment before issuing new identification cards.

The common access card is a credit card-sized ID that contains an integrated circuit chip, a magnetic strip, bar codes, and photo ID.

For details about common access cards issuance, call the military personnel flight customer service section at 747-4902 or visit the Website at <https://afpc.lack-land.af.mil>.

Update: Housing manager explains current issues

By Staff Sgt. Scott T. Sturkol
Public affairs

After the 321st Missile Wing left for good in 1998, there were more than 2,000 base housing units here.

Since then, that number has been trimmed to 1,489 units, said housing manager Chris Powell.

“Once all the construction and renovations are done, our goal is to have 1,212 units here,” Powell said.

Getting to that final number requires a sizable effort, but the base is getting there.

“Since 1998 we have 136 new or renovated homes people are using right now,” he said. “Those include two- and three-bedroom units at the north and south ends of the base.”

The next round of completed units will be 30 former senior NCO units by August on I Street now being renovated into two-bedroom junior NCO units.

“The contractor is making pretty good progress on them right now,” Powell said.

When those 30 units are completed, that will bring the total completed units to 166 and Powell said that’s just the tip of the iceberg of what is scheduled to take place over the next couple years.

“In fiscal 2002 and 2003 projects, we will be building senior NCO, E-9, company grade officer, field grade officer and senior officer housing,” Powell said. “We’re basically hitting the rest of the ranks on base since we’ve already built many junior NCO units.”

Powell said the total number of units to be built in the next sets of projects is still not fully determined, however, preparations to get the projects started are already taking place.

“We do not have a contract awarded yet for construction – that will happen this winter,” Powell said. “However, people may notice there is a construction fence going up across Louisiana Street near Hickam Drive and Eielson School.

“That is part of our newly planned projects which are in the final stages of the design phase with demolition and construction planned for next year.”



Photo by Staff Sgt. Scott T. Sturkol

These units on I Street are part of 30 former senior NCO units being renovated into junior NCO two-bedroom units. They are scheduled for completion in August.

Families who live on the Nevada Drive loop will be next to be affected by moves, Powell said.

The Nevada loop also includes Randolph, Montana and Langley Streets and affects both officer and enlisted housing.

“Those families on the Nevada loop will be personally notified on when they will need to move and what their options are,” Powell said.

“We’re still not 100 percent sure the entire loop will be

affected. We’ll have a better idea once the design phase for the new housing construction is made and we know how many total units we’ll be building.”

At a later point, a construction fence will also go up in the east Beech loop.

Powell said block meetings and base meetings for residents affected by moves will be set as new information comes along. Also, continuous updates will be published in future editions of The Leader.

Perimeter fence goes up in housing areas; more expected

The initial stage of the next base housing project is underway with the installation of chain-link fencing in the Hickam area of housing.

When the housing construction contract is awarded this winter, the fenced area will be completed, which closes a section of Louisiana Street. (See accompanying map.) At that time, housing residents will use alternate routes to bypass this area.

The fenced area allows the housing construction contractor to directly access the construction zone from County Road B3. This plan eliminates many unpleasant side effects associated with construction – namely muddy streets, unsafe conditions surrounding the schools, and congestion at base gates.

This arrangement negates potential construction delays and reduces costs, and in the end, pro-

duces houses sooner for base residents.

Within the next few months, similar fences will surround the Beech and Nevada loops, but traffic impact to housing residents will be minimal.

Be patient with this inconvenience and know the final goal is to produce better housing in a timely fashion.

Source: 319th Civil Engineer Squadron



Photo by Staff Sgt. Scott T. Sturkol

This construction fence was recently put up near the Hickam housing area. As the pace of construction increases in 2003, more fences like this will be placed in the Nevada and Beech housing areas that will restrict access to Louisiana Street.

Briefs

New AFPC call center

Real-time help with personnel issues is now online. The online features, located on the Air Force Personnel Center home under ‘Contact Center,’ lets members view a frequently asked questions database, chat live with a customer service representative or submit queries via e-mail.

In addition to getting answers about personnel information, pay, assignments, benefits and employment, agents can be reached at 1-866-229-7074, from 5 a.m. to 11 p.m. Central Standard Time. First-time users need to create an account to allow customer service representatives to speed up the process.

New promotion process

The 2002 National Defense Authorization Act permits service secretaries to eliminate captain promotion boards when the promotion opportunity is 100 percent. Due to the change, the Captain Central Selection Board at Air Force Personnel Center no longer exists. MAJCOMs will have primary responsibility for determining an individual’s readiness for promotion.

Recommendation to captain for active-duty officers happens one year preceding the quarter in which an individual is eligible to pin-on; based on the two year date of rank anniversary.

Promotion recommendation lists are compiled and certified quarterly at the MAJCOM level, forwarded to AFPC, then on to the Secretary of the Air Force for presidential approval. For details call the military personnel flight at 747-6216 or visit the AFPC webpage at www.afpc.randolph.af.mil

OPSEC tip

Think twice before discussing in public about a spouse being deployed. Even though media or other people in public may be well meaning and patriotic, others listening may not be.

Courts martial

Airman 1st Class Kristopher S. Messinger, 319th Aircraft Maintenance Squadron, was convicted Nov. 25, by General Court-Martial of two specifications of wrongful use of marijuana and one specification of wrongful use of cocaine in violation of Article 112a, UCMJ; and one specification of drunk driving in violation of Article 111, UCMJ. He was sentenced to a reduction to the grade of E-1, forfeiture of all pay

and allowances, four months confinement, and a Bad Conduct Discharge.

Airman 1st Class Kelly R. Abrams, 319th Mission Support Squadron, was convicted Nov. 26, by Special Court-Martial of three specifications of making a false official statement in violation of Article 107, UCMJ; and twenty-seven specifications of making, drawing, uttering or delivering a check, draft, or order, and thereafter wrongfully and dishonorably failing to maintain sufficient funds in violation of Article 134, UCMJ. She was sentenced to a reduction to the grade of E-1, forfeiture of \$720 pay per month for five months, five months confinement, and a Bad Conduct Discharge.

Child supervision rules

The base legal office researched North Dakota state law, which is incorporated into Grand Forks Air Force Base policies on child supervision and babysitting. All personnel must conform to these requirements:

- Children eight years old and under should be supervised at all times.

- Children who are nine years old should not be unsupervised for periods greater than two hours during the daytime, and should not be unsupervised at night.

- Children who are ten or eleven years old may be unsupervised for longer periods. However, parents should use caution when leaving children in this group unsupervised at night.

- Children who are twelve to fourteen years old may be unsupervised for even longer periods, including some time at night. However, children in this group should not be unsupervised overnight.

- Regardless of the age, all children left alone must be able to demonstrate knowledge of where their parents or other responsible adults are, and how to reach them. They must also be able to demonstrate knowledge of emergency procedures.

Another related issue is the age when children can begin supervising or babysitting other children. Parents should not permit their children to act as baby sitters until they are at least twelve years old. Babysitters from twelve to fourteen years old should not supervise other children overnight. In addition, babysitters should complete an approved child-care course before they begin babysitting.

By complying with these policies, military members can be confident they are following both local laws and base standards. In addition, compliance will help prevent inadvertent neglect of the needs of our children and insure their safety.

Wing's pursuit of excellence remains relentless

By Col. Keye Sabol
319th Air Refueling Wing commander

As 2002 rolls to a close, it's time to hit the pause button - to sit back and reflect - to "smell the roses"

They decide what they want to do better. Often they evaluate only what's not being done right.

As a wing, the 319th pursuit of excellence remains relentless; at the end of this year we should really give thanks for what we've accomplished.

We've successfully rotated hundreds of airmen to and from multiple deployed locations fighting the war on terrorism, giving our very best.

We've defended freedom. We've kept our people safe and our flying operations safe in far-away lands. We as a military and nation have contributed to deterring more than 100 possible terrorist attacks.

For these efforts, this past year people from our wing have won numerous awards.

In March the Solano Trophy recognized us as the best active-duty wing in 15th Air Force, which made the 319th the top tanker wing in the Air Force.

Committed and selfless families, and the support and friendship of our local community, made that honor possible.

This fall the Grand Forks and East Grand Forks communities, Chambers of Commerce, Military Affairs Committee, and University of North Dakota treated us to the best-attended Military Appreciation Day in six years.

More than 1,300 military and families



Col. Keye Sabol

enjoyed lunch and children's games; many stayed for the UND football game at the Alerus.

Just a week ago UND opened all its women's hockey games at Englestad Arena for the rest of the season free to military and family members.

A recent Grand Forks Herald editorial called these community partnerships "spectacular."

And you can never put a price on what our military families endure. Families are our backbone. Their sacrifices and endurance of long separations have enabled this nation to dedicate its men and women to the defense of our American ideals.

Let's make sure we never miss the opportunity to express our appreciation.

Oftentimes it's the person who stays home while the spouse deploys who faces the hardest challenges.

We are endeared and indebted to our families. This Christmas let's take time for a few more moments of patience and understanding, a few more hugs, a few more "I love yous."

Secretary Rumsfeld's words more than a year ago ring true today—the war on terrorism is a marathon, not a sprint.

We've exercised our response capabilities dozens of times, and next year brings the 319th more operational readiness exercises and inspections as we continue deployments. What's been accomplished this year is almost universally positive.

I want you to know I am very proud of this wing, I'm grateful for the support of our families and community, and I look forward to serving with you as we enter 2003.

Remember rules on winter parking plan

By Staff Sgt. Marc Neubert
319th Security Forces Squadron

Even though winter is slowly creeping in, be advised that winter is inevitable in North Dakota.

A few key points should be refreshed in our memories as we look forward to colder and possibly snowy months ahead such as the base winter parking plan, travel and road conditions, and vehicle care (while driving).

Winter parking plan.

The 319th Mission Support Group commander or deputy commander will implement and terminate the family housing winter plan program.

This program applies solely to the family housing area. When implemented, housing residents can park on seeded areas perpendicular to their quarters, in an orderly manner, as long as no other parking or traffic rules are violated.

- ▶ Parking on the streets while the road is narrowed by snow is prohibited.
- ▶ Vehicles that are illegally parked on a street obstructing snow removal operation will be cited and may be towed at the owner's expense.
- ▶ Street parking is not allowed after initiation of the winter parking plan.
- ▶ Unit commanders or designees will ensure vehicles are moved from squadron parking areas under their control during snow removal operations.

Note: Those who are departing for a TDY or leave are encouraged to use the temporary storage lot. If they do not, they must leave a key for their vehicle with a responsible repre-

sentative (i.e., first sergeant or commander) so their vehicle can be moved as needed.

Travel and road conditions

The following actions will be implemented and taken during blizzards and other natural disasters which effect the travel and road conditions on base. Notices will be posted on both gates.

▶ **RED:** In this condition, there is no travel except snow-essential personnel and emergency vehicles. Proceed directly to your home or office. Maximum speed limit will be 20 miles per hour, unless already posted at a lower speed. Headlights are mandatory. This condition will be adhered to during actual blizzard/disaster conditions when visibility and road conditions make travel unsafe.

▶ **YELLOW:** This is a snow plow/clean-up condition. This condition will be instituted during and after snow storms and blizzard/natural disasters, while snow clearing/disaster recovery personnel and equipment clear the roads. Essential movement only to and from place of business and home. Maximum speed limit remains 20 miles per hour. Consideration will be given to opening quality of life facilities one or more hours later, or closing them earlier, to allow snowplows/heavy equipment to clear parking lots.

▶ **GREEN:** This condition is normal traffic operations. Vehicle care while driving should be defined as attentive driving. According to the Installation Traffic Offense Code, driving with ice or snow or other materials on windows obstructing the driver's view is a citable offense valued at three



Photo by Staff Sgt. Scott T. Sturkol

When wintery conditions hit the base, security forces officials remind people to pay attention to safety and the rules for conditions.

points.

Cell phone usage while driving is not illegal in the state of North Dakota however; it is not a suggested practice. A new evaluation by the Harvard Center for Risk Analysis, or HCRA, estimates that the use of cell phones by drivers may result in approximately 2,600 deaths, 330,000 moderate to critical injuries, and 1.5 million instances of property damage in America per year.

But because the data on cell phone use by motorists are still limited, the range of uncertainty is wide. The estimate of fatalities ranges between 800 and 8,000, and the estimate of injuries is between 100,000 and 1 million.

Seatbelt use is **MANDATORY** for all vehicle operators and passengers operating a motor vehicle within Department of Defense installations! On base, the following disciplinary actions will be taken:

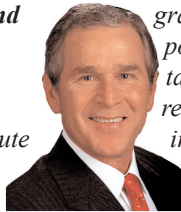
- ▶ **First offense:** One week suspension of base driving privileges.
 - ▶ **Second offense:** Thirty days suspension of base driving privileges.
 - ▶ **Third offense:** Installation magistrate discretion.
- If you have anything to report in your community, contact the security forces control center at 747-5351 or 747-4047.

President sends holiday greetings

To the men and women of the armed forces,

I send holiday greetings and salute our men and women who wear the uniform of our Armed Forces, serving our country with skill, honor, and dedication.

All of you, our brave men and women who devote your lives to our Armed Forces, help protect the ideals that make our nation strong. You deserve every American's



George Bush
President,
United States

gratitude and full support. America's military will continue to receive the best training, equipment, and resources.

I am honored to be your Command-in-Chief, and I join all Americans in expressing our grat-

itude for your sacrifice and service to our Nation in this global war against terrorism.

May God bless you and keep your families in his care, and may God continue to bless America.



'You, the men and women of Air Mobility Command, have given so much this year'

To the Men and Women of Air Mobility Command:

It is the holiday season in the year 2002. It is a time of giving and receiving, a time of reflection, renewal, and rededication.

You, the men and women of Air Mobility Command, have given so much this year.

You have delivered food and blankets to cold and starving refugees; you have given hope to victims of oppressive regimes; you have provided security for a nation shaken by terror.

You have given your time, your energy, and your passion to protect and defend our great country.

Whatever your job, wherever you are, each of you is giving people everywhere the tremendous gift of freedom.



Gen. John Handy
Commander, United States
Transportation Command and
Air Mobility Command

Many of you will not be home to celebrate the holidays. Others who are fortunate enough to be at home will continue to put in long hours to support our national efforts.

Wherever you are, I urge you to take the time to reach out in fellowship to your families and friends.

Take time to gather your loved ones around you, if only in your thoughts, prayers, and letters.

Thank you for the many sacrifices you have

made.

May the spirit of hope and love fill your holidays and the coming year, and may you know the joys, comforts, and blessings that you have secured for others.

SECAF, CSAF: 'We send our warmest holiday wishes'

In this season of thanksgiving and reverent celebration, we send our warmest wishes to our entire Air Force team of Active, Guard, Reserve, Civilian, and Retired airmen, and to your loved ones and families.

As defenders of America, we salute you for your honor, courage, and commitment — values worthy of our nation's deepest gratitude and profound respect. For each of you who voluntarily wear the uniform of our nation, this holiday season offers General Jumper and I an opportunity to simply say — thank you.

To those separated from loved ones during this special time of year — whether a result of a deployment or mobilization — we send our heartfelt appreciation



James G. Roche
Secretary of the Air Force

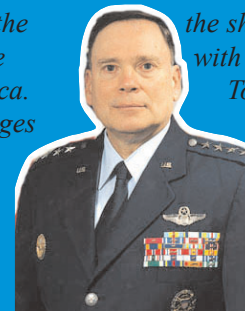
for your sacrifice and willingness to bear the burdens of freedom. Your devoted service underscores all that is great about America.

And in an era of grave new challenges to the values of liberty and equality, you represent the strength of this diverse land, and symbolize all that is good about your generation.

Wherever you are stationed or deployed, we urge you to reflect on the abundant blessings and privileges we enjoy as

Americans. Indeed, we are richly blessed. But with such riches come responsibility; the responsibility to preserve and defend freedom-loving people, and to ready ourselves for the future battles we must fight for our nation.

In this season of giving and thanks, take a few moments to reflect on the value your gift of service brings to every man, woman, and child in America and around the globe. Your gift is freedom, and all who live under its protective wings benefit from this great offering of peace and hope. Whether you live here in the United States, or are stationed in a foreign land,



Gen. John P. Jumper
Air Force Chief of staff

the shelter and security of the Stars and Stripes goes with you.

To all members of the world's greatest Air Force, we offer our most sincere thanks for all that you do for America. We wish you a safe and happy holiday season, and hope for peace in the New Year. Happy holidays!



Holiday eating: Winning the battle of bulge

By Staff Sgt. Shaleika D. Anderson
Health and wellness center

The holidays are here. It's that time of year to celebrate, and food is one of the pleasures of holiday festivities and other social gatherings.

But just the thought of the days and weeks ahead make some of us cringe in fear. How can we truly enjoy our holiday celebrations and avoid the extra pounds? The health and wellness center offers these healthy eating tips to help with battling the holiday weight war:

■ **Be realistic.** Don't try to lose weight during the holidays. Instead, try to maintain your weight by balancing party eating with other meals. Eat small, low-calorie meals during the day so you can enjoy celebration foods without overdoing it.

■ **Don't run on empty.** Skipping meals may lead to overeating. So, don't go to a party hungry or "save your appetite" for a big end-of-the-day meal with the family. Eat a mini-meal before the office get together or eat healthy snacks, such as fresh fruit, throughout the day. This will help you

Eating during the holidays doesn't have to be a high calorie feast. You should choose a low calorie and healthy option instead.



avoid rushing to the buffet table or overindulging in mom's famous turkey and dressing with little regard for portion sizes.

■ **Be a picky eater.** Take advantage of the healthier, fruit and vegetable-based foods. Go easy on the fried appetizers and cheese cubes.

If you're unsure there will be healthy treats available, bring a dish of raw vegetables with yogurt dip or a platter of fresh fruit to the party. Most importantly, savor your favorite holiday dishes, but keep portions small.

■ **If you booze it, you won't lose it.** Alcoholic beverages can be very fattening. Whether you're having a glass of champagne, wine or a mixed drink, those empty calories still add up. Try sparkling water with a twist of lime or other non-calorie beverages instead.

■ **Keep moving!** Physical activity is an integral part of weight maintenance. After all of the holiday joys, why not take the family for a walk, and start a new holiday "activity" tradition.

Aerobic activity, such as walking, jogging, or bicycling is the best type of exercise for weight control. It will help increase your metabolism, and help you work off those holiday goodies.

The most important thing about the holidays is to be focused on your goals and enjoying this special time with your loved ones. Avoid the all-or-nothing mindset.

Don't deprive yourself of the special holiday foods or feel guilty after you enjoy them. Stay motivated in your efforts to avoid the weight creep, but don't let the holidays pass you by without enjoying them.

For more details call the HAWC at 747-5546.



Photos by Staff Sgt. Scott Sturkol

Staff Sgt. Joseph Burdette, 319th Operations Support Squadron, loads up his plate with holiday delicacies prepared by the health and wellness center staff as part of their healthy holiday cooking demonstration Wednesday.

Airman arrives at base ... again

By Staff Sgt. Randy Roughton
Public affairs

The first time Airman 1st Class Nicholas Husted completed his dream sheet, Grand Forks Air Force Base was merely an Air Force installation with KC-135 Stratotankers. The second time, the base was a community that literally gave its blood to help him and his family.

"My wife and I really liked the base and the people here," Husted said. "We like close bases. I had only been in four or five months when I got sick. For my treatment, Altru Hospital needed more of my blood type. The base put out the e-mail for blood, and people swamped the blood bank. I thought that was great, and if something else happened, we want to have people like that around us."

The Rogers, Ark., native developed what was eventually diagnosed as aplastic anemia and was hospitalized on his ninth day at the First Term Airman Center in the summer of 2000. Eighteen months after undergoing a successful bone marrow transplant at Wilford Hall Medical Center at Lackland AFB, Texas in December 2000, Husted's physician cleared him to return to active duty, and he specifically requested to return to Grand Forks.

Husted graduated from FTAC in November, and came back to his original squadron and shop – 319th Maintenance Squadron aero repair – with the energetic sparkle in his eyes of a high school quarterback running on the football field for his first game.

"It improves the entire squadron when you have someone with the dedication Airman Husted demonstrates," said Master Sgt. Bruce Reiten, acting first sergeant when Husted in-processed back into the squadron.

"When you have somebody who really wants to be here and wants to make a difference, it can only positively affect everyone in the squadron."

Reiten did not even know what had happened in the summer of 2000 until Master Sgt. Gary Moore, first sergeant in 2000, filled him in. Husted had successfully completed the rigorous physical aspects of basic training with no signs of trouble. Five months later, his life was on the line.

Husted first began feeling ill on the way to his first permanent duty assignment at Grand Forks. He had a scheduled appointment at the clinic, but the symptoms worsened after he began FTAC. During his second week, Master Sgt. Robert Kunze, FTAC superintendent at the time, and Chief Master Sgt. Terry Colwell, military personnel flight superintendent, arranged to get him an immediate appointment at

the base clinic after staff members noticed Husted's extremely pale complexion.

The clinic sent Husted to Altru Hospital that night and a biopsy revealed he had aplastic anemia two days later.

Aplastic anemia is a rare, potentially serious and non-contagious bone marrow failure disease that occurs when the bone marrow stops making enough blood cells, according to the Plastic Anemia and MDS International Foundation. Anemia results from reduced red cell production, infections are a result of reduced white cell production, and bleeding results from reduced platelet production.

"My immune system recognized my bone marrow as a foreign body and killed it," Husted said. "Anything can trigger it – dry cleaning solvent, any kind of bug spray and even vaccinations. They determined one of my shots put my immune system into high gear. It was a one in a million chance and it happened."

Husted was moved to Wilford Hall and began chemotherapy the following day while Wilford Hall Medical Center staff looked for a bone marrow match among his family members. He had his bone marrow transplant Dec. 12, 2000. When he was released from the hospital Dec. 29, Husted spent the next eight months providing daily blood samples and undergoing tests.

From the day he left FTAC, Husted has hoped to return to the 319th Air Refueling Wing. The major reason was the support he received from the community – especially FTAC staff and squadron members, including former commander Lt. Col. Michael Welch – who helped care for his family while he was ill.

"Everybody took care of me when I was up here," Husted said. "A lot of people cleaned my house, unpacked the moving boxes, and then helped pack them back up. I heard the Group commander (Col. Larry Erickson) and wing commander (now Brig. Gen. Scott Gray) even mowed my lawn. Sergeant Moore actually came down to Lackland to see me. Master Sgt. David Fenton took care of my daughter for two nights when my wife was in the hospital with me."

"A lot of people who helped aren't here anymore.



Courtesy photo

Airman 1st Class Nicholas Husted, 319th Maintenance Squadron, and his wife Windy and daughter Haley, returned to the base and their Air Force family.

Airman 1st Class Brandy McCain actually drove my wife to the hospital when they went to tell her I was sick."

Husted, who returned to Grand Forks Nov. 7, still feels nervous whenever he drives by Altru Hospital. He can also look out the window of his housing unit and see the house his family lived in last time he was here.

His view of Grand Forks and the Air Force is only one aspect of life that his close call altered. He even sees the holiday season differently. Spending time with his wife Windy and their 3-year-old daughter Haley is now his top priority.

"Everything to me now really is a good thing," Husted said. "I don't take things for granted. Every day to me now is great."

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**For the latest news on the IDEA
program, the Grand Forks Air
Force Base IDEA analyst.
2nd Lt. Michael Marren
747-3255**

SNCO gives new meaning to retired on active duty

By Staff Sgt. Randy Roughton
Public affairs

Visitors love to ask about the retirement shadow box and flag in the 319th Communications Squadron mission systems flight superintendent's office. They're curious, not because they hardly ever see such a sight, but because Senior Master Sgt. Roy Zeyen is on active duty.

"I'm probably the only guy on this base on active duty who has a retirement shadow box in his office," Zeyen said. "Folks drop by all the time, see that shadow box and ask what assignment I got it from. I tell them it was a 23-year assignment."

Zeyen, one of the many Air Force retirees who came back on active duty after Sept. 11, was working for Intel Corporation in Albuquerque, N.M., when he began looking into the possibility of coming back. When his communications career field opened up for prior service, Zeyen requested Grand Forks.

"My 13th assignment is probably the best communications squadron I've been with," he said. "They have a real job to do, strapped with deployments, but these guys really pull it out somehow, more so than any other squadron I've been in. Those were all good, too, but this one is a standout flight."

The people in his squadron, from the airmen in other shops who seek his advice to his commander, apparently feel the same.

"Senior Master Sergeant Zeyen has been a great asset to the squadron," said 319th Communications Squadron Lt. Col. Laurie

Lisec. "He hit the ground running. I would never have guessed he had been retired for two years. Several squadron members considered separating, and I sent them to talk to Senior Master Sergeant Zeyen. He can give them his personal perspective on civilian life. I can't do that. He's helped the Air Force retain some great troops."

Zeyen is also not the only person in his squadron, let alone the wing, who was led back into active service after the worst terrorist attack in American history. Staff Sgt. LeThuy Clegg separated in 1995 under the Volunteer Separation Incentive to have her baby after a 10-year Air Force career. The VSI puts the member on inactive reserve status for double the years served and pays an amount based on rank and time and service on the anniversary month of separation. The member is banned from re-enlistment, however, and Clegg, working on her bachelor's degree in electronic engineering, found herself missing the military lifestyle.

In August 2001, Clegg's recruiter told her about a new program that made some people separated under VSI eligible for re-enlistment, however, prior-service candidates also could not have been off active duty more than six years to return. Clegg had been out six years and two months when she submitted her application for re-enlistment, 12 days before Sept. 11.

The terrorist attacks actually delayed her application for almost a year because of more intense screening precautions. Although Clegg, a Florida resident, listed all bases in

the Sunshine State and the deep South, she accepted her assignment to North Dakota.

"I was surprised there was another base in North Dakota besides Minot," Clegg said. "My sponsor, Senior Master Sgt. Curtis Swanson, wrote me about Grand Forks and warned me about the mosquitoes, and he wasn't kidding. My family and I got a warm welcome from the mosquitoes when we arrived at the base July 22.

"But the only important reason why I wanted to come back into the Air Force was because I felt I owed it to the United States of America. I always wanted to serve my country because of what the U.S. has given me. Plus, I really missed the Air Force."

After Sept. 11, retirees and recently separated airmen barraged the Air Force Personnel Center with telephone calls expressing their desire to return to duty. But Zeyen wasn't one of them, at least until he saw a base newspaper at the credit union in Albuquerque that mentioned how AFPC was opening some career fields to prior service members.

In early May, an AFPC representative called and told Zeyen his career field had joined the list, but he became discouraged by all the paperwork and testing that would be required. He'd just about given hope when he received another call.

"He said, 'Is this Sergeant Zeyen?' I said, 'Well, I guess it is.'

"I had retired with no disabilities and my security clearance was still active, so I think that helped."

Zeyen discussed the situation with his

wife of 15 years, Carol, and she took the decision in stride.

"She's been a terrific Air Force wife, and her attitude was, 'I didn't think you were quite done anyway.'"

Zeyen requested Grand Forks, and the assignment was approved within a couple of weeks. He was back on active duty Aug. 25.

Zeyen left last week on his first deployment since he first retired July 1, 2000.

"They were going to take me off the deployment list," he said. "I told them I wanted to come back unconditionally. It's part of the job. Within three months, I'm deployed again."

Zeyen's praise isn't limited to his squadron. He, as well as Clegg, is appreciative of others on base who made his transition back to military life easier, such as the military personnel flight customer service and billeting.

"After 13 assignments, to me, a permanent change of station is nothing," he said. "We just go to billeting, process in, and I go to work. But the folks at MPF customer service were awesome. Folks at billeting were awesome. They really made it easy.

"I didn't have to raise my right hand. I just put on a uniform again and went to work."

Unless Zeyen makes chief master sergeant, his last enlistment term will end in August 2004. He's working on his master's degree in human resources from Central Michigan University and plans to live either in Grand Forks or Colorado Springs, Col., when he retires – again.

January

➔ (Photo right)

Sonia Martin had a little more than hugs awaiting her husband 1st Lt. John Martin when he returned from Base X. She and the Martins' sons – 4-year-old

Jason and 3-year-old Jordan – had a surprise. The sign the boys held for their daddy helped break the news – “Surprise, Daddy, we’re going to have twin baby boys.”

➔ Capts. Chad McGarry and Matthew Enfield, and Airman 1st Class Adam Smith, 912th Air Refueling Squadron, stand in front of the KC-135R they took on the 912th Operation Enduring Freedom sortie at Base X.

➔ The 319th Air Expeditionary Group officially became the first air refueling group in theater to reach the historic 1,000th sortie mark during a mission here Jan. 17. The crew who flew the 1,000th Operation Enduring Freedom sortie at Base X included members of the 905th, 906th, 911th and 912th Air Refueling squadrons, 319th Operations Support Squadron, and the 434th Air Refueling Wing of Grissom Air Reserve Base, Ind.

➔ Despite having its commitment extended from its original closure date of Nov. 30 to Dec. 19, the 319th Air Refueling Wing officially passed the baton to Fairchild Air Force Base, Wash., to end its final rotation as Air Mobility Command's lead mobility wing unit.

February

➔ Air Mobility Command's new commander, Gen. John W. Handy, calls the opportunity to command the world's premier mobility force an extraordinary and humbling experience.

➔ (Photo below) Secretary of the Air Force James Roche visits with the maintainers of the 319th Air Expeditionary Group during a visit to the area of responsibility recently. Roche, along with Lt. Gen. Michael Moseley, U.S. Central Command Air Forces and 9th Air Force commander toured the camp talking with troops and seeing the flightline operations during the two-hour visit.

➔ The 319th Mission Support Squadron upset the 319th Operations Support Squadron 43-38 in the championship game of the 2001-2002 base intramural basketball season Feb. 5, at the base gym.



March

➔ Associated Press, KVLV Channel 11, Air Force Times and WDAZ-TV Channel 8 of Grand Forks interviewed airmen at Base X during a media trip from Grand Forks AFB to Base X.

➔ (Photo above)The 319th Air Refueling Wing will unveiled the new nose art on one of the wings 54 assigned KC-135 aircraft. “Let’s roll’ has served as a rallying cry for this nation as we go forward in our war on terrorism,” said Air Force Chief of Staff Gen. John P. Jumper.

➔ The 319th Air Expeditionary Group made warfighting history once again as they officially became the first KC-135 Stratotanker air refueling group in the area of responsibility to fly their 1,500th sortie in support of Operation Enduring Freedom. The crewmembers were: 1st Lt. Matt Wetter, Senior Airman Jacob Gardner, Maj. Peter Stinson, Master Sgt. Bryan Hettinghouse, Capt. Mikko Lavalley, Staff Sgt. Chris Maleski and Capt. Tom Joslyn.

➔ Col. Keye Sabol, 319th Air Refueling Wing commander, heard the news he was selected for brigadier general Mar. 21 in the middle of an operational readiness inspection of the wing's capabilities.

April

➔ The 319th Air Expeditionary Group passed another major milestone in the war against terrorism when a KC-135 Stratotanker crew offloaded the 100 millionth pound of fuel since operations began in October 2001. Capt. Richard Day was the pilot, Capt. Joseph Dunn was the aircraft commander and Senior Airman Jacob Gardner was the boom operator.

➔ A 20-member team of inspectors visited the 319th Air Refueling Wing from the United States Defense Threat Reduction Agency and the Commonwealth of Independent States to conduct an on-site verification for the Strategic Arms Reduction Treaty. Both teams had high-level inspectors during the close out inspection, which officially changes the status of the base under the terms of the treaty from active missile base to formerly declared missile facility.

➔ The 319th Expeditionary Air Refueling Squadron refueled the 5,000th coalition aircraft in support of Operation Enduring Freedom. The crew from Grand Forks Air Force Base offloaded 40,000 pounds of fuel to a B-1B Lancer.

➔ The 319th Air Refueling Wing won the 2002 Solano Trophy at a banquet at Travis Air Force Base, Calif., April 26. The award recognizes the

wing as the best active-duty unit within Headquarters 15th Air Force.

May

➔ Air Force unveils a new Department of Defense tuition assistance policy that pays 100 percent of the cost of tuition for off-duty courses, according to Air Force education officials.

➔ One of the latest Air Force antiterrorism initiatives, a program known as “Eagle Eyes,” is started. The program has characteristics of a typical neighborhood-watch program. Air Force officials consider it a key piece in the service's antiterrorism strategy.

June

➔ It was a month of grand openings as the 319th Services Squadron unveiled two new temporary lodging facilities and a newly renovated Liberty Square. The temporary lodging facilities were year-long construction projects that provide 17 one-bedroom suites in one facility and 10, two bedroom units in the other facility for new and visiting active duty military and their families, retirees, and base guests.

➔ Approximately 75 base residents attended the housing office's town hall meeting about the upcoming housing projects and moves.

➔ (Photo left) A C-130 Hercules from the 757th Aerial Spray Squadron of Youngstown Air Reserve Station, Ohio, completes aerial mosquito spraying of the base with larvicide.

➔ Air Force personnel officials announce the release of most Air Force specialty codes from Stop-Loss, a Defense Department program designed to retain members of the armed forces beyond established dates of separation or retirement.

July

➔ A C-130 Hercules from the 757th Aerial Spray Squadron of Youngstown Air Reserve Station, Ohio, resumes mosquito spraying of the base and surrounding communities.

➔ Since its inception in 1944, the Bronze Star Medal has been presented for meritorious service performed outside the area of hostilities. Four Warriors of the North were honored with the prestigious medal for their efforts in support of the United States' war on terrorism. Col. Roger Ducey, former 319th Support Group commander, Lt. Col. Cheryl West, 319th Logistics Group deputy commander, Maj. Enid Lynch, 319th Aircraft Generation Squadron maintenance supervisor, and Chief Master Sgt. Patrick Melton, former 319th Air Refueling Wing command chief, each received the award of the Bronze Star Medal.

➔ Radar approach control and air traffic control undergo the first stages of a massive upgrade that could take four to five years to complete.

➔ After a year and a half as an operations group test flight, 319th Operations Group Training returned to OSS. The training period was intended to determine whether a consolidation effort for all the squadrons would improve effectiveness, but it resulted in a 33 percent decrease in training time and a 33 percent increase in the amount of



trainees produced by the program.

➔ A horse, found dead not far from the base, became Grand Forks County's first West Nile Virus fatality. The base responded to the domestic animal's death by working with the North Dakota Health Department in the surveillance of dead birds.

➔ The 319th ARW flew its 1,000th hour in support of Operation Noble Eagle July 3. Since the wing began supporting ONE, crews and aircraft have been on alert for more than 34,000 hours, flown almost 200 sorties and off-loaded more than 6.9 million pounds of fuel.

➔ Airman 1st Class Christine Ennis of the 319th Security Forces Squadron, received the 2001 Air Force Outstanding Security Forces Flight Level Airman Award.

August

➔ Master Sgt. Gary Elliot, 911th Air Refueling Squadron, received the 2002 Gen. Robert “Dutch” Huyser Award and the Airlift Tanker Association Young Leadership Award.

➔ The 319th Maintenance Squadron mounted a six-run comeback to edge the 319th Aircraft Generation Squadron 17-16 and win the base intramural softball championship.

➔ Secretary of the Air Force Dr. James G. Roche announced release of all specialties from Stop-Loss.

➔ Col. Cathy Clothier assumed command of the 319th Operations Group, replacing Col. Jeffrey Kaloostian, who became 319th ARW director of staff.

➔ 319th Logistics and Support Groups received new commanders with Col. Michael Saville and Col. Barbara Chine, respectively.

➔ Base members renewed their bed race rivalries and enjoyed other activities during Summer Bash 2002.

➔ (Photo left) The Vietnam Veterans Memorial Moving Wall took a one-week stop in Grand Forks.

➔ Health officials detected the West Nile Virus is a bird found dead on base Aug. 4.

September

➔ The wing reflected on the one-year anniversary of

Sept. 11with memorial reveille and retreat ceremonies, as well as a chapel service.

➔ Chief Master Sgt. Danny Holwerda became the wing's new command chief.

➔ The Air Force celebrated its 55th anniversary.

➔ Wing KC-135 Stratotankers assigned to Base Y hit the 10-million pounds of fuel milestone in support of OEF.

➔ While marking the one-year anniversary of supporting OEF, the wing undergoes a command-mandated reorganization, to make a better fit between its core competencies and deployment posture.



➔ (Photo above) While maintaining its presence in deployments worldwide, the wing took the lead in Operation Northern Watch.

October

➔ Year of Warrior Spirit wraps up, with the announcement that the theme will continue throughout the War on Terrorism.

➔ 319th Mission Support Squadron's goal -line stand with 42 seconds remaining clinched a thrilling 20-18 victory in the base intramural flag football title game.

➔ The base took second place in Air Mobility Command's record-setting Around the World in Ninety Days year.

➔ Nineteen Warriors of the North visit the Air Force Academy in Colorado Springs, Col., to support the wing's sponsorship of the academy's cadet squadron sponsor program.

November

➔ AMC and Transportation Commander Gen. John Handy thanks base members for their hard work during his visit to the base.

➔ The base resumed its anthrax vaccination program for airmen deploying to high-threat areas.

December

➔ The family support center opens its doors to more than 140 people for the 14th-annual holiday open house.



Base theater

Today, 7 p.m.

The Ring (R)

In this remake of the 1998 Japanese thriller Ringu, which became one of the country's top-grossing movies of all time, Naomi Watts plays a Seattle newspaper reporter who learns that her 16-year-old niece is literally scared to death exactly one week after she and three friends — who also die — watch a mysterious videotape at a motel cabin in the woods. Watts’ investigative nature kicks in, she watches the video (a short, surreal menagerie of nightmarish images), makes a copy, and is hell-bent on discovering who or what is behind the tape. She enlists the help of her former lover, with whom she has a son, a precocious kid who appears to be psychic.

Saturday, 3 p.m.

I Spy (PG-13)

Loosely based on the late-1960s TV show, I Spy is about a CIA agent (Owen Wilson) whose latest assignment is to recover the Air Force's newest weapon: a stealth bomber. His partner on the case is a professional boxer (Eddie Murphy) who has entered the agency against his will. The mismatched pals verbally jab at each other from the moment they begin playing the spy game, but can they stop sparring long enough to save the free world?

Saturday, 7 p.m.

Punch Drunk Love (R)

Adam Sandler plays Barry Egan, the down-on-his-luck owner of a small business and brother of seven sisters. Because of abuse he has suffered, he hasn't been able to fall in love and has remained alone. After he resorts to a phone-sex line for companionship, he's blackmailed when a woman steals his credit card number. His luck changes, however, when he finds a loophole that allows him to earn 1 million free frequent-flyer miles by purchasing \$3,000 of pudding. A mysterious woman (Emily Watson) and a harmonium enter his life, and romance blossoms.

Dec. 27, 7 p.m.

My Big Fat Greek Wedding (PG)

It’s not all cake and roses for a Greek woman who falls hopelessly in love with a non-Greek man. In her attempts to help her family come to terms with the situation, she learns about her culture and heritage.

Dec. 28, 3 p.m.

Santa Clause II (G)

This sequel to The Santa Clause picks up eight years after the first movie, as the North Pole, under Scott “Santa” Calvin (Tim Allen), is operating steadily and efficiently. But Santa has problems. His son, Charlie, has been a bad boy this year and winds up on the Naughty List. More trouble-some is that he discovers a clause in his contract that requires him to get married or he’ll lose his job forever. With his replacement keeping an eye on things, Santa heads out from the North Pole to find a Mrs. Claus and to help Charlie. But when his substitute threatens to ruin Christmas, Santa must rush home before it's too late.

Dec. 28, 7 p.m.

8 Mile (R)

A young white rapper from Detroit (Eminem) channels his rage into angry lyrics and hit songs, paving a way out of his tough hometown and giving him a shot at stardom. Sound familiar? Said to be loosely based on Eminem's own life, this feature-film debut of the controversial Grammy-winning artist is directed by Curtis Hanson (Wonder Boys, L.A. Confidential). Kim Basinger co-stars as the rapper's mom, and Brittany Murphy plays his girlfriend.

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Holiday hours for base facilities

Commissary

Sunday, 10 a.m. to 5 p.m.
Monday, 9 a.m. to 7 p.m.
Tuesday, 7 a.m. to 4 p.m.
Wednesday, closed
Thursday, 7 a.m. to 7 p.m.
Dec. 27, 7 a.m. to 7 p.m.
Dec. 28, 7 a.m. to 7

p.m.
Dec. 29, 10 a.m. to 5 p.m.
Dec. 30, 9 a.m. to 7 p.m.
Dec. 31, 7 a.m. to 7 p.m.
Jan. 1, closed
Jan. 2, 7 a.m. to 7 p.m.

Tuesday and Wednesday, closed
Dec. 27, closed
Dec. 28, 3 to 9 p.m. (pre-teens), 3 to 11 p.m. (teens)
Dec. 31, closed

Liberty Square

Monday, Thursday and Dec. 30, 1 to 3 p.m. (skating/teen center)
Tuesday and Wednesday, closed
Dec. 27, 6 to 10 p.m. (skating), 6 to 11 p.m. (teen center)
Dec. 28, closed
Dec. 31, 6 p.m. to 2 a.m. (lock-in), 6 to 11 p.m. (teen center)

Services activities

Skills development center

Closing at noon Tuesday. Closed Wednesday and Jan. 1.

Bowling center

Dec. 24, 25 and Jan. 1 – closed

Auto skills center

Tuesday, 9 a.m. to 2 p.m.
Wednesday, closed
Thursday to Dec. 28, 9 a.m. to 5 p.m.
Dec. 29, noon to 6 p.m.
Dec. 30, closed
Dec. 31, 9 a.m. to 5 p.m.
Jan. 1, closed
Call 747-3394 for details.

Army and Air Force Exchange Service

Base exchange

Sunday, noon to 7 p.m.
Monday, 9 a.m. to 9 p.m.
Tuesday, 10 a.m. to 5 p.m.
Dec. 31, 10 a.m. to 6 p.m.
Jan. 1, 11 a.m. to 4 p.m.

Youth center

Monday, Thursday, Dec. 30, 6 p.m. to 8 p.m. (pre-teens), 6 p.m. to 10 p.m. (teens)

Shoppette

Tuesday, 8 a.m. to 7 p.m.
Wednesday, 11 a.m. to 7 p.m.
Dec. 31, 8 a.m. to 7 p.m.
Jan. 1, 11 a.m. to 7 p.m.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturdays, 9 a.m. Sundays, Daily Mass, Tuesdays, Wednesdays, Thursdays and Fridays, Sunflower Chapel
CCD: No CCD until Jan. 5
Reconciliation: 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel
Christmas Choir/Band Practice: 1 p.m., Sunday, Sunflower Chapel
PROTESTANT:
Traditional Worship: 10:30 a.m., Sunflower Chapel
Liturgical Worship: 10:30 a.m., Sunflower Chapel
Contemporary Worship: 6 p.m., Sunday,

Sunflower Chapel

Young Adults: 6 p.m. Friday, meet at Prairie Rose Chapel annex
Youth: No youth meeting until Jan. 5
Religious Education: No RE until Jan. 5
Men of the Chapel: noon, Monday, Prairie Rose Conference Room
JEWISH:
Call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124 for details.
RUSSIAN/EASTERN ORTHODOX:
Call Dr. Levitov at 780-6540 for details.
MUSLIM, BUDDHIST, OTHER:
Call 747-5673 for details.

Community

Today

ICE FISHING

Outdoor recreation has three ice fishing trips scheduled during this holiday season – Saturday, Dec. 28 and Jan. 4. Cost is \$15 single, \$25 couple, \$35 family (three or four, \$10 each for extra family members). Departure for these dates will be from outdoor recreation, times will depend on location of trip. Sign up by today for the Saturday trip and one-day prior for the other dates. Call 747-3688 for more information.

Join outdoor recreation every Saturday from now until the end of March. on a ski trip. The next trips will be Holiday Mountain, Saturday; Frost Fire, Dec. 28 and Buena Vista, Jan. 4. Sign up by today for the Saturday trip and one-day prior for the other dates. Call 747-3688 to sign up, or for complete details.

TEEN HOLIDAY DANCE

Teens come get together for a night of fun. Liberty Square will have a dance tonight from 10 p.m. to midnight for ages 13 to 18. Cost is \$5. Call 747-3429 for details.

Saturday

DAKOTA LANES

Kids come out and bowl this Holiday Break! Dakota Lanes is offering holiday bowling cards for \$10 each and can be used to bowl as many times as you’d like during open bowling through Dec 31 (The card is not valid for the Youth Bowl by Mail Tournament Dec. 27).

PILLOWCASE WORKSHOP

Sign up by today for the skills development center’s “kids only” pillowcase workshop for ages 8 and older 1 to 4 p.m. Dec 23. Learn basic sewing techniques, and make a pair of pillowcases. Cost is \$6 plus supplies, or \$9 kit from instructor. Call 747-3482 to sign up.

PRE-TEEN HOLIDAY DANCE

Come out for some fun and dancing. The youth center will have a dance from 7 to 9 p.m. tonight for ages 6 to 12. Cost is \$5. Call 747-3429 for more details.

Sunday

FOOTBALL FRENZY

Join the Club for “Football Frenzy” today at noon; NFL Sunday Ticket – total of four games on at one time.

Monday

NEW YEAR’S EVE DINNER

Come have New Year’s Eve Dinner at the Club. All ranks can choose from 6 p.m. or 8 p.m. dinner for \$12.95, includes Prime Rib or jumbo shrimp, baked potato, vegetable, roll and salad. Members First receive \$2 off. Reservations required by today. There will also be New Year’s Eve dancing following, from 9 p.m. to 2 a.m. Cost is \$5 per person Members First patrons receive a \$3 discount, includes party favors and champagne toast at midnight. No reservation required.

SLEDDING TRIP

Sign up at the youth center by today for the Dec. 28 sledding Trip at Turtle River State Park for ages 6 to 12, cost is \$3, and youth must bring their own sled. Trip leaves the youth center at 12:30 p.m. and will returns at 3:30. Trip must have 10 participants to go and a parent permission slip is required. Call 747-3150 for details.

Tuesday

PILLOWCASE WORKSHOP

Sign up by noon today for the skills development center’s “kids only” floor pillowcase workshop for kids 8 and older on 12 p.m. to 4 p.m. Dec 27. Make a large floor pillow for your room or for TV watching. Cost is \$6 plus supplies, or \$15 per kit from instructor. Call 747-3482 to sign up.

Thursday

THE CLUB

The Club will be closed today for lunch and evening dining. The sports bar will be open from 4 to 8 p.m.

GEOGRAPHY CONTEST

Come out for some “worldly” learning tonight. The youth center will have a geography contest at 5:30 p.m. for ages 9 to 12. Call 747-3150 for more information.

NEW YEAR’S EVE LOCK-IN

Today is the last day to sign up for the New Year’s Eve lock-in at Liberty Square from 6 p.m. to 2 a.m. for ages 6 to 14. Cost is \$20 and includes dinner and a midnight snack.

There will be basketball, dancing, board games and movies. Parent permission slip is required.

(Note: the teen center will be open for ages 13 to 18 from 6 to 11 p.m. on New Year’s Eve. The youth center will be closed. Call 747-3429 for details.

HOLIDAY VACATION FUN FOR EVERYONE!



FRIDAY, DEC. 20

- Teen Holiday Dance at Liberty Square Teen Center: Ages 13 to 18 from 10 pm to Midnight. Cost is \$5 per person, includes holiday cookies and hot chocolate.
- LIBERTY SQUARE IS OPEN FOR ROLLER SKATING FROM 6 TO 10 PM

SATURDAY, DEC. 21

- Pre-Teen Holiday Dance at the Youth Center: Ages 6 to 12 from 7 to 9 pm. Cost is \$5 per person, includes holiday cookies & hot chocolate
- Youth Center opens at 3 pm

FUN FOR ALL AGES...

- Outdoor Recreation: Ski trip to Holiday Mountain in Canada and an Ice Fishing Trip (weather & ice conditions permitting)
Call 747-3688 for details!
- Dakota Lanes Bowling Center: Family Bowling, 11 am to 5 pm and Galaxy Bowling starts at 8 pm

SUNDAY, DEC. 22

- Dakota Lanes Bowling Center: Open Noon to 9 pm, Unlimited Bowling - 6 to 9 pm for only \$5 per person

MONDAY, DEC. 23

- Skills Development Center's Kid's Pillowcase Workshop from 1 to 4 pm for ages 8 & older. Cost is \$6 plus supplies or purchase the \$9 kit from the instructor. Learn basic sewing techniques and make two pillowcases.
- Teen Columbia Mall Shopping Trip: Leave the Youth Center at 12:30 pm and return at 4 pm. Cost is \$3 for transportation, register by Dec. 18, parent's permission slip required.
- Youth Center opens at 6 pm
- Dakota Lanes Bowling Center: 75¢ bowling, 11 am to 1 pm

Auto Skills Center - Holiday Hours

Dec. 24 - 9 am to 2 pm Dec. 25 - Closed
Dec. 26, 27, 28 - 9 am to 5 pm Dec. 29 - Noon to 6 pm
Dec. 30 - Closed Dec. 31 - 9 am to 5 pm Jan. 1 - Closed

TUESDAY, DEC. 24 & WED., DEC. 26

- TAKE TIME
TO ENJOY THE
HOLIDAY SEASON!

THURS., DEC. 26

- Youth Center opens at 6 pm, stop by for our Geography Contest (ages 9 to 12)



Ice Skating Rink Warming House Hours

Monday through Thursday
5 to 8 pm

Saturday 4 to 10 pm

Closed Fridays, Sundays & Holidays
(weather permitting, ice skates
are available for rent at the Youth Center)

Dakota Lane's Holiday Break Bowling Special!

- Purchase a Holiday Bowling Card for only \$10 and bowl as many games as you can from Dec. 21 to Dec. 31. (Valid for open bowling times only)

Aquatic Center - Holiday Open Swim Hours

Dec. 23 & 24 - 1 to 5 pm Dec. 25 - Closed
Dec. 26 - 1 to 5 pm

MORE VACATION FUN FOR EVERYONE!

Ice Skating Rink

Warming House Hours

Monday through Thursday 5 to 8 pm

Saturday 4 to 10 pm

Closed Fridays, Sundays & Holidays

(weather permitting, ice skates

are available for rent at the Youth Center)

SAT., DEC. 28

- Turtle River State Park Sledding Trip:

Ages 6 to 12. Sign up by Dec. 23, parent's permission slip required (need at least 10 people to go).

Cost is \$3 per person, & you must bring your own sled.

- Youth Center opens at 3 pm

FUN FOR ALL AGES...

- Outdoor Recreation: Ski trip to Frost Fire and an Ice Fishing Trip (weather & ice conditions permitting)

Call 747-3688 for details!

- Dakota Lanes Bowling Center:

Family Bowling, 11 am to 5 pm and Galaxy Bowling starts at 8 pm.

FRIDAY, DEC. 27

- Air Force Bowl by Mail Youth Bowling Tournament: starts at 1 pm, ages 5 to 18. Top three scores in each category will be forwarded to MAJCOM.

- Skills Development Center's Kid's Floor Pillow Workshop

Ages 8 & older from Noon to 4 pm, Cost is \$6 plus supplies or \$15 for a kit

- Dakota Lanes Bowling Center: 75¢ bowling, 11 am to 1 pm

- Roller Skating at Liberty Square, 6 to 10 pm,

Teen Center open from 6 to 11 pm

Outdoor Recreation Holiday Rental Special

MON., DEC. 30 TO WED., JAN. 2

4 days for the price of 1

Rent any of the following packages from Dec. 30 to Jan. 2, & you will get a 4-day rental for the price of one day! Downhill ski package for \$10, cross country ski package for \$5, or rent a snowboard for \$15.

MONDAY, DEC. 30

- Skills Development Center's Kid's Fleece Backpack Workshop:

Ages 8 & older from 10 am to 4 pm. Cost is \$6, plus \$20 for kit of materials.

- Dakota Lanes Bowling Center: 75¢ bowling from 11 am to 1 pm.

- Youth Center opens at 5 pm

SUNDAY, DEC. 28

- Dakota Lanes Bowling Center: Open Noon to 9 pm Sundays, Unlimited bowling - 6 to 9 pm for only \$5 per person.

Aquatic Center - Holiday Open Swim Hours

Dec. 27 - 1 to 5 pm Dec. 28 & Dec. 29 - 1 to 6 pm

Dec. 30 & Dec. 31 - 1 to 5 pm Jan. 1 - Closed

TUESDAY, DEC. 31 - NEW YEAR'S EVE!

- Youth Center's New Year's Eve Lock-In at Liberty Square:

Ages 6 to 14 from 6 pm to 2 am. Enjoy roller skating, basketball, dancing, board games and movies! Dinner & midnight snack provided.

Sign up by Dec. 26. Must have 26 people to hold. Cost is \$20, a parent's permission slip is required.

- Teen Center at Liberty Square will open from 6 to 11 pm for ages 13 to 18.

- New Year's Eve Party at The Club - Call 747-3392 by 4 pm Dec. 23 to make reservations for 6 pm or 8 pm dinner.

Menu includes: prime rib or jumbo shrimp, baked potato, vegetables, roll and salad. Price for dinner is \$12.95 per meal with a \$2 Members First Discount for club members. If you prefer dancing only come out from 9 pm to 2 am (\$5 per person, \$2 Members First Discount for club members, party favors, champagne toast at Midnight, no reservations required)

- New Year's Eve Galaxy Bowling from 8 pm to Midnight at Dakota Lanes!

Cost is \$15 per adult, \$8 per child (4 full hours of galaxy bowling). Reserve your lanes early by calling 747-3050





John Moes, goalie for the base hockey team, makes a save during a recent intramural game at Blue Line Club in Grand Forks. Moes also once played goalie for the Air Force Academy.

Hockey team takes Minot dual

The base hockey team, the Warriors, completed a successful trip to Minot Air Force Base Dec. 7 and 8 by sweeping a two-game series with the Minot hockey team.

"We took advantage of some weak goaltending to dominate both games," said Roy Fountain, team member. "We won the first game 12-3 and in the second game we won 9-2."

Goalie John Moes was outstanding in goal for the team once again and stoned Minot on many occasions in the second game.

"He was the number one star in the second game and had many of the Minot players frustrated with stellar saves throughout the entire game.

The Warriors take to the ice at every Wednesday at either the Blue Line Club or Eagles Arena in Grand Forks. The games are free of charge and everyone is encouraged to go out and see a game.

Photo by Tech. Sgt. Susan Long

Shorts

Free UND women's hockey

University of North Dakota offers women's hockey games at Engelstad Arena free to airmen and their families.

Bring military ID cards to the following games, and admission is free.

Jan. 6

Vermont vs. UND, 7:05 p.m.

Jan. 7

Vermont (Olympic ice) vs. UND, 7:05 p.m.

Jan. 10

Quinnipiac (Olympic ice) vs. UND, 5 p.m.

Jan. 11

Quinnipiac (Olympic ice) vs. UND, noon

Feb. 8

St. Lawrence vs. UND, 2:05 p.m.

Feb. 9

St. Lawrence vs. UND, 2:05 p.m.

Feb. 23

University of Winnipeg vs. UND, 2:05 p.m.

For details check out www.fighting-sioux.com or www.theralph.com.

Thank you UND and Engelstad Arena.

Red, white, and blue weekend

Bemidji State University takes on the

United States Air Force Academy 7:05 p.m. Jan. 24 at John Glas Field House, Bemidji State University. Tickets are half price for all military personnel and family members, I.D. appreciated. Half-priced reserved seating will be available in Section C for \$6; and half-priced general admission seating will be available in Section B for \$5.

The parents and family of the Air Force Academy Cadets will also be in Section B. A special block of reserved and general admission tickets will be held at the ticket table in the lobby of the John Glas Field House exclusively for base members.

Col. Keye Sabol, 319th Air Refueling Wing commander will perform the ceremonial puck drop to officially start the game.

Ice fishing, ski trips

Join outdoor recreation on tis 2003 inaugural ice-fishing trips. Trips are Saturday and Dec. 28. Trips are dependent on weather and ice conditions. Cost is \$15 single, \$25 couple, \$35 family (three to four, \$10 each for extra family members). Departure is 7 a.m. from outdoor recreation and they return late in the afternoon, the same day. For details and to sign up call 747-3688.

ND Game, Fish provides ice safety, rescue tips

Outdoor recreationists venturing out on frozen lakes and rivers are advised to exercise caution, urges Nancy Boldt, boat and water safety coordinator for the North Dakota Game and Fish Department.

"As the weather changes and the lakes begin to freeze, people need to be aware of the potential dangers of ice," Boldt said. "We want to make sure a person knows what to look for, and what to do in case an emergency does arise."

Look for clear blue ice, Boldt advises, which is strongest because it is created by a sustained freeze. Unsafe ice is black, gray, or honeycombed because of repeated freezing and thawing. Discolored or dark spots suggest open water, thin ice, or possibly a spring, all of which are dangerous.

Boldt recommends the following minimums as safe for clear-blue lake ice formed under ideal conditions. However, early in the winter she advises doubling these figures to be safe:

- ▶ Two inches or less---STAY OFF.
- ▶ Four inches will support a group of

people walking single file.

▶ Five and one-half to six inches are necessary for a snowmobile or all-terrain vehicle.

▶ Eight to 12 inches will support an automobile.

▶ 12-15 inches will support a pickup/truck.

When rescuing a person who has fallen through the ice, remember this simple rule: **REACH, THROW, GO.**

First, REACH the victim with a long pole, board, rope, blanket, or snowmobile suit.

Second, THROW the victim a life jacket, empty water jug, or other buoyant object.

Third, GO to the victim as the last resort. Should this be necessary, a human chain, in which rescuers lie on the ice with each person grasping the feet of the person in front, is an effective technique.

Source: NDGF